

Contact Us Toll Free at 1.866.208.3430

Pain

Education

Pain symptoms are very common in people with MS, occurring in over half of patients. There are different types of pain based on how the pain presents itself and how long it lasts. Acute pain is usually sharp and quick. Chronic pain usually consists of constant generalized aches and pains. However, sharp acute pains that flare up consistently over time are also considered chronic pain.

Tips for Controlling Pain

- Participate in physical therapy and physician recommended exercise, as these things can increase circulation and promote pain relief.
- Get a gentle massage. Focus on the surrounding areas that are causing the most pain and discomfort.
- Ask your pharmacist or doctor if taking an over-the-counter pain reliever like acetaminophen, ibuprofen, or naproxen would be right for you.
- If the pain is within a muscle, try to limit activities that use that muscle to allow adequate healing.
- Pain above your comfort level is nothing that anyone should have to endure on a day to day basis. A diagnosis of Multiple Sclerosis, does not mean a diagnosis of acute or chronic pain. Talk to your Patient Care Coordinator for more information on how to prevent and treat pain.

Medical Treatments for Pain

There are different treatments available depending on the type of pain experienced. Here are some common types of pain in MS and their treatments.

Acute pains:

- Trigeminal neuralgia—A stabbing pain in the face
- Lhermitte's sign—A brief electric-like shock from the back of the head down the spine
- Dysesthesias-Neurologic pains that cause burning and aching around the body

Chronic pains:

- Pain of spasticity- Pains from muscle spasms or cramps
- Back and musculoskeletal pain- Spasticity, or pains from extended pressure from immobility and struggling with gait
- Neurologic pain is treated with various anticonvulsants and other medications. These include carbamazepine, phenytoin, gabapentin, and amitriptyline.

Spasms and musculoskeletal pain are treated with relaxers such as baclofen and tizanidine.

Your doctor can prescribe an effective option for you based on your symptoms and type of pain experienced.

For questions or concerns regarding any of the above statements or recommendations, please feel free to contact Diplomat Specialty Pharmacy Toll Free at 1.866.208.3430.